

CITY OF EDMONDS  
PARKS AND RECREATION DIVISION  
INDOOR VOLLEYBALL RULES

PLAYERS AND ROSTERS:

1. **A team shall consist of 6 players on the court (maximum): 3 men and 3 women or 2 men and 4 women. You may use 2 and 3 either way. You must have a minimum of 4 to play a legal match 2 men and 2 women or 3 women and 1man. Positions on the floor shall alternate male-female.**
2. A team may start a game with 4 players: any player arriving after the start of any game may enter anytime like a substitute (2 of either sex).
3. Substitutions must be done in the serving positions if playing in a rotation system. Men for men and women for women anywhere on the court if substituting.
4. Players may be added or deleted to/from the roster up to the 7th league game of the season. A 24 hour notice must be given to the League Director in order for that player to be eligible. No adding players for playoffs. Injury substitutions are as per **U.S.A.V.** rules.
5. Each Player must play in 2 matches to be eligible for playoffs.
6. Teams may be ineligible for playoffs if they forfeit 2 matches without calling the Athletic Office in advance of the forfeited match.
7. Teams forfeiting a playoff match must still fulfill their referring duties. If not, they **will not be allowed to register for the following quarter.**
8. Rosters must be turned in by the second match.
9. All players must be at least 18 years of age and NOT on a high school or college team that is the competitive portion of its schedule. See Athletic Coordinator for exceptions.

**RULES: Rules shall be the latest version of USA Volleyball Official Co-Ed Indoor Rules except where specifically stated below:**

1. **The first game will be a forfeit after 10 minutes. The match will be a forfeit after 20 minutes. Any team forfeiting 2 or more matches without contacting the league coordinator will not be allowed to register for the following quarter.**
2. Rally scoring will be used. Games 1 and 2 will be to 25, and game 3 will be to 21. Teams must win by 2 points. Time limit will be 55 minutes to complete the match. The third game counts regardless of the score. The team leading is credited with the win. If the score is tied teams will play one more serve to determine the winner. If the game is called due to time limit, you do not have to win by two points.
3. Two (2) thirty second time-outs will be allowed to each team per game. No time-outs may be called with less than five minutes left in each time limit.
4. Any player ejected from a match automatically forfeits her/his rights to play in the next TWO scheduled matches.
5. League winners shall be determined by the best win/loss record. In the case of a tie, head to head competition will determine the winner.
6. Current U.S.A.V. Rules and Regulations shall govern league games in conjunction with the City of Edmonds Parks and Recreation Division league rules as stated.
7. The League Supervisor assumes the authority to interpret and amend all rules affecting league play and has the authority to administer any decision necessary for the well being of the league.
8. Teams are expected to provide the following crews: **1<sup>st</sup> referee (up), 2<sup>nd</sup> (down), 2 linemen (one of which is to keep score). (Upper League teams have elected to play without refs.)**
9. **Teams must supply game balls.**
10. Serving allowed anyplace on back line.
11. **IF THERE ARE THREE (3) HITS ON A SIDE (BLOCK DOES NOT COUNT AS A HIT) ONE OF THE HITS MUST BE BY A WOMAN. There is no requirement for a male player to contact the ball, regardless of the number of hits by a team.**
12. Double hits will be allowed on serves and Hard Driven Spikes. The ball may touch various parts of the body, provided that the contacts take place simultaneously.  
Exceptions: at blocking, consecutive contacts may be made by one or more player(s) provided that the contacts occur during one action; and at the first hit of the team the ball may contact various parts of the body consecutively provided that the contacts occur during one action.

13. Encroachment into the opponent's court with any part(s) of the body is permitted, provided some part of the body remains either in contact with or directly above the center line, and there is no interference with opponents. In addition, completely crossing the center line with the foot, feet, or hands, or encroachment with other body parts must not present a safety hazard to opponents.

14. **Contact With the Net**

**Contact with the net by a player between the antennae, during the action of playing the ball, is a fault. The action of play the ball includes take-off, hit (or attempt) and landing.**

**Player's Faults at the Net**

**A Player interferes with play by (amongst others):**

- \* Touching the net between the antennae or the antennae itself during his/her action of playing the ball**
- \* Using the net between the antennae as a support or stabilizing aid**
- \* Creating an unfair advantage over the opponent by touching the net**
- \* Making actions which hinder an opponent's legitimate attempt to play the ball, or**
- \* Catching/holding on to the net.**

**Players close to the ball as it is played, or who are trying to play it, are considered in the action of playing the ball, even if no contact is made with the ball. However, touching the net outside the antennae is not to be considered a fault (except for when a player, within the playing area, takes support from the net/support structure/object in order to hit the ball).**

15. Contacting the ball below the waist is allowed.

16. Net Serves: A ball hitting the top of the net and dropping into the court will count as a legal serve.

17. **Blocking** - When only one male player is in the front row at service, one male back-row player may be forward of the attack line for the purpose of blocking. The remaining back-row player must be behind the attack line until the ball has been contacted by the blocker(s) or has been hit in such a manner that no block is possible. *Commentary: If a back-row player is not participating in a block, there is no restriction on both back-row male players being in the attack zone.*

The provisions of Rule 13.2.2 shall govern male backrow players when playing the ball in other than blocking actions.

No female back-row player may participate in a block.

**GROUND RULES:**

1. During play, no player or ball shall enter another court. Violation is dead ball or out of play.
2. **Ceiling: Play off ceiling allowed on your own side as long as the ball hits the ceiling over the playing area (court). Basketball standards are out of play.**

**PROTESTS:**

1. Any protests of a game must be declared by the team captain to the official and gym supervisor immediately after the protested incident occurred. Team captains are reminded that judgment calls by the official s cannot be protested.
2. Protests must be made in writing with complete details and submitted to the Athletics Coordinator within 24 hours of the incident. All protests must be accompanied by a \$50 protest fee which will be refunded if the protest is ruled valid.
3. All protests shall be ruled on by the Athletics Coordinator/Staff.

**DEFINITIONS OF VIOLATIONS AND PENALTIES:**

- A. **Carries-** ball momentarily comes to rest on any part of the body. The ball must be hit cleanly with a snap to remain in play.
- B. **Simultaneous Contact-** if two or more players of the same team contact the ball simultaneously it is considered one play. Players involved may participate in the next play.
- C. **Net Play-** If two or more players from opposing teams contact the ball simultaneously above the net, any of the players involved are eligible to participate in the next play. The next play shall be considered the first of three contacts.

- D. Blocked Ball- if one or more players are attempting to block and they are contacted by the ball, the player(s) is eligible to participate in the next play. A block is not a hit and may not be counted on the consecutive hit rule.
- E. Illegal Play at Net- player touches the net with any part of the body while the ball is in play. If a ball is driven into the net and then into a player, no foul is committed and the ball will continue to play. Unless the player intentionally forces the ball back (e.g., puts a hand out and hits it).
- F. Double Hit- player contacting the ball twice or more in succession with any part of the body.
- G. Line Foul- server crossing over the end line before contacting the ball.
- H. Ball Out of Bounds/ Out of Play- a ball out of bounds is still in play unless it has struck the floor, ceiling or other objects before a return is attempted, unless in another court and is out of play and a dead ball..
- I. Breaking the Plane- players are not allowed to break the vertical plane of the net and contact the ball while the ball is completely on the other side of the net, unless the opposing team has already used its three contacts or the ball is clearly coming over the net and there are no opposing players in a position to play the ball.

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